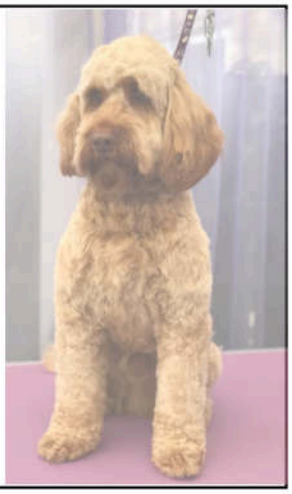
BAR HILL NEWS

Brought to you by the Bar Hill Residents' Association
August 2021 Issue 626

Your Community Hub

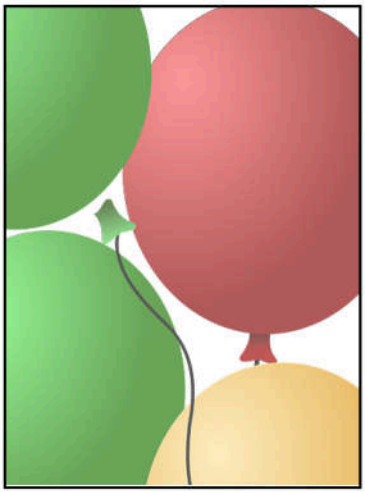
New!! See Page 27

Fur The Love Of Dogs



Community Focus, Page 8

Birthdays, Page 33



Cricket, Page 14

BAR HILL CRICKET CLUB

WALK FOR PARKINSON'S - WANDLEBURY

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See Letters, Page 7

EDITORIAL

August 2021

What a busy month! So many things going on in the village, it's good to see all the groups that have been dormant during lockdown opening back up.

This month we also have exiting news about the Community Hub which will open in September.

Our own Charity Submission (Bar Hill Community Association) has now been submitted to the Charity Commission and we look forward to hearing their views over the next few weeks.

It was good to see people during the Litter Picking event, despite the interruption caused by the events on the village green. A brief review of the event is on Page 44.

Last month's letter in relation to the air displays over the village has elicited quite a response! See the Letter on Page 4.

And this months' Community Focus covers both Fur the Love of Dogs and the Olive Tree Bereavement Group (who submitted their own article to us). Please keep them coming, we love reading about all the local groups!

The Parish Council has provided an update on how people would prefer the money from the A14 project to be spent. See Page 46.

And finally we have the report from the AGM of the Bar Hill Residents Association which was held last week. It is likely that a pot of money will be allocated for grants village organisations - watch this space! See Page 13.

Residents Association 2021-22	
Chair	Laura Chapman
Vice Chair	Karen Hayden
Treasurer	Anne Bensted
Data Prot. Officer	Richard Hayden
Editor/ Secretary	Andy Pellew
Features Editor	Lottie Beare
Advertising	Anne Bensted
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	Roger Hall
	Jo Hall
	Amber Neale

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

Article Information

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted electronically to bhneditor@yahoo.com

Would you like to join our Residents' Association? We meet once a month and are always open to ideas for enhancing life in our village and working with partners to develop our community.

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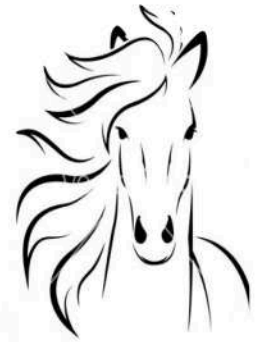

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NOTICES & LETTERS TO THE EDITOR 1/2

Please send your letters & notices to **bhneditor@yahoo.com**. Thank you!

Dear all,

I noted with interest Michael's letter last month about being fed up with the aeroplanes doing aerobatics over Bar Hill. I'm afraid I couldn't disagree with it more. As a resident with two young children, we sometimes watch with interest as the aeroplanes loop and roll above us. We're unable to get to Duxford much, so having this is like a free mini-air show. My only want would be that they attempt some more daring manoeuvres, or perhaps get several of them to do some tricks in formation!

Sincerely,

Dave Wright, Hollytrees

Dear all,

FREE PLACES FOR CHILDREN AT SUMMER HOLIDAY SCHEMES IN CAMBRIDGESHIRE

Cambridgeshire County Council (CCC) has funding for families who receive free school meals for their children, due to the benefits they receive, to have fun with their friends and enjoy new experiences at a local holiday scheme this summer. The Holiday Activity and Food (HAF) programme is funded by the Department for Education (DfE) and is co-ordinated by CCC.

An eligible child will be entitled to up to 64 hours of free holiday childcare through the school summer holiday period. Parents can book places directly with participating holiday schemes, more information can be found at **www.cambridgeshire.gov.uk/haf**.

Kind regards, Allison Box

HAF Programme Co-ordinator

Dear Editor,

9 months ago we started a small community refill station based in our garage in Bar Hill, working with the village to reduce our single use plastic bottles by refilling existing bottles with cleaning and personal care products and thus reducing the number of plastic bottles in the system. The community embraced the concept and together we have saved hundreds of plastic bottles from heading to landfill (as very little plastic is actually recycled). This has been such a positive time for us, something we have been proud of, and we have met some really lovely loyal customers. However, this venture has recently become less positive and so we have decided to take a step back for a while. We will honour any orders placed, however we will not be operating opening hours for the foreseeable future.

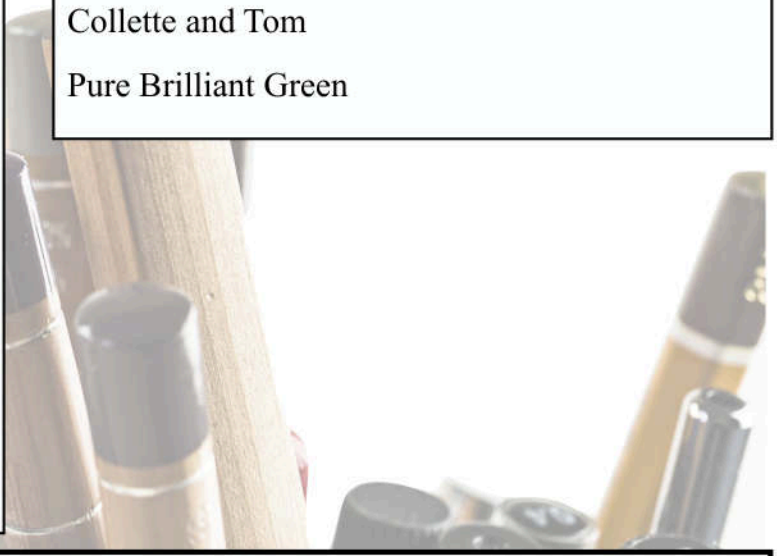
We would like to sincerely thank our lovely community and customers for supporting us and making the sometimes less convenient commitment to reducing their plastic waste.

We would also like to say a big thank you to Lottie and the Bar Hill News for writing a feature on us last month and for giving us the opportunity to write an article every month on the environment and recycling.

We really hope this isn't a goodbye forever.

Collette and Tom

Pure Brilliant Green



Deadline for next issue is 6pm on the 15th of the month, please send submissions to **bhneditor@yahoo.com** - the earlier the better! (space is allocated on first-come basis!)

NOTICES & LETTERS TO THE EDITOR

Dear PBG,

The editorial team at the Bar Hill News wanted to extend its sincere regret that you have found yourself in this situation. We at the Bar Hill News choose local businesses to feature which we believe are both of interest and importance to the community, and we truly believe that the work which you are doing is integral not just for the village, but also for the environment.

It is deeply disappointing to know that there is a lack of support for yourselves - not just a local business, but also a young family.

We, therefore, wanted you and the villagers of Bar Hill to know that we are in full support of PBG and hope that you are able to reopen very soon.

Sincerely,

The Bar Hill News Editorial Team.

Dear all,

There was a complaint about small aircraft performing acrobatics over Bar Hill. Personally, I love to watch them; it's a free airshow and a wonderful display of aeronautics.

Annie Tamulonis

Dear Editor,

How disappointed I was to read the July BHN and see that Mr Sweeney was disturbed by the WW2 planes ✈️ that interrupted his peace in the garden. Had it not been for those pilots who flew those planes in the Battle of Britain 🇬🇧 he not only wouldn't have possibly been here let alone worry about his "sitting in his garden".

I know this gentleman and will enjoy discussing his sad story first hand and stress how "LUCKY" he is to live in "PEACE" !!

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NOTICES & LETTERS TO THE EDITOR 2/2

Please send your letters & notices to **bhneditor@yahoo.com**. Thank you!

Dear all,

We know litter is a huge problem everywhere. There are many people who regularly pick up litter and they are the unsung heroes. Meet a four legged lady called Flo who lives in the village. She cannot walk past a bit of rubbish without picking it up. Her owner Roy said it's her mission when going out for a walk. She just started picking up litter one day and hasn't stopped since! The only time Flo will drop it is into a bin! I think Flo can certainly be added to the unsung hero list! Liz Dams

Bar Hill Community Market Update

We hope that all have stayed safe and healthy.

As we are coming to the end of restrictions, we are looking into starting the Community Market again. At this point in time, we are looking at just having a Christmas Community Market in conjunction with the Christmas Tree Lighting Event 2021. This will be an indoor/outdoor event which will be a first for our village with the thoughts of it being a yearly event.

No date has been confirmed at this time so please keep a look out for more information in the BHNews and posters.

We do hope that the Community Market as a monthly event will start again in March 2022.

Look forward to seeing you all soon.

Karen and Adrienne

NOTICE:

We'd like to say a huge "Thank You" to those local residents who gave up their time on Friday 16th July to help build the new dirt mounds near the Bar Hill Sports and Social Club to help prevent unauthorised access to the village green (and a special think you for Parish Councillor Kevin Potts who organised it).

Deadline for next issue is 6pm on the 15th of the month, please send submissions to **bhneditor@yahoo.com** - the earlier the better! (space is allocated on first-come basis!)

NOTICES & LETTERS TO THE EDITOR

Dear Editor,

I'd like to introduce myself. My name is Beth Condie and I am the Regional Fundraiser for Parkinson's UK covering the local area. I'm not sure if your readers are aware of the charity or of Parkinson's itself? With more than 40 potential symptoms, Parkinson's can devastate lives. We've made huge breakthroughs in the last 50 years, but there is still no cure and current treatments and not good enough. Fundraising for Parkinson's UK helps to drive forward the ground-breaking research we need to transform the lives of people affected by Parkinson's and that's where you and your readers could help.

Last year we had to cancel 'Walk for Parkinson's'. The pandemic isn't over but we can get through this together. Why not take part in our covid-safe & socially distanced Walk for Parkinson's 2021 to get outside, connect with the Parkinson's community & make a difference.

Our Walk for Parkinson's Wandlebury walk is now LIVE!

Come along and join us for a 1.5 or 4.5 mile stroll and help raise money for the charity on 25 September 2021!

And every pound you raise, generously matched by the Frank and Evelyn Brake Connect Fund, will help transform information and support services for people with Parkinson's.

Details can be found here: https://events.parkinsons.org.uk/event/walk-parkinsons-wandlebury

If any of your readers would like me to come and talk a little more about the work of Parkinson's UK (either in person or virtually) and where the money raised will go, please do contact me at bcondie@parkinsons.org.uk

Wishing you and all the residents of Bar Hill a long and healthy summer

Kind regards, Beth Condie
Regional Fundraiser, Parkinson's UK

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BAR HILL COMMUNITY FOCUS 1/2

For a lot of our residents muddy paws are par for the course when out and about walking along many of our local walking routes – especially given the lack of summer weather we have been having recently. So I thought it was about time that our community focus feature, focused a little more on our four legged friends, which is why I chose to interview the village's only dog groomer – Kate from Fur the Love of Dogs.

Lottie: So why don't you start by telling me about your business, what is Fur the Love of Dogs?
Kate: It's a dog grooming business, and I offer a range of treatments from mini-grooms, and eye trims, to manicures and full grooms. I mainly see a lot of poodle breeds because, like my dog their hair is always needing cutting because it grows so quickly! But I do also get a lot of larger dogs for those clients who can't fit their dogs in their baths, or lift them in – they can bring them to me and I will take care of them. I am considering venturing into teeth cleaning, but I haven't quite got there yet!

L: What made you decide to open your business?
K: Well obviously I just love dogs! But it was mainly because when we got Evie (my dog) I was struggling to get her to a groomer as I work shifts in my other job (this is something which I am doing alongside my full time work in a gym). I worked a lot of various shifts which would mean that I could get Evie to the groomer but I couldn't pick her up - so I decided it would be easier for me to do it myself. So I started looking around for quick courses which I could do, but the only one which I could find was at the College of West Anglia and it was a 2 year course, showing you absolutely everything. So when I started really thinking about it and how it would logistically work, my mind also then wondered about making our conservatory into my studio (as it was previously being used as a dumping ground), so I just decided to take the plunge.

L: Do you have standard opening times?
K: No my opening times vary as I am fitting it around a couple of other things, so it's always best to just send me a message and ask for available times. However, my plan is to wind down my work at the gym and build up my dog grooming business over the next few years so I'll have more availability then.

L: And what about Covid and lockdown, did this interfere with anything?
K: Yes, so in the first lockdown it all got a bit confusing for dog groomers. They initially all shut because everyone believed it to be a non-essential business, when actually they were allowed to groom one to one. But for a lot of salons it would have cost them a lot more too open than it was to remain closed. So during the first lockdown I was coming to the end of my training, and my neighbour Karen (from Cloud Nine Hair and Beauty), was really struggling with her dog

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because his coat was so thick and he was so hot, so she asked me if I would be interested in grooming him which ended up being my first real customer as I was in the middle of preparing for my exams! But I'm glad that he was my first dog because he was so good and Karen was really happy with my work which was a huge relief! Following on from that, she then shared my number around the village and I have been going for just over a year now.

L: So covid was a good thing for you?
K: Yes for dog groomers it was actually really good. Our tutors actively encouraged us and said that if we were going to launch a business at home, that lockdown was the time to do it as the larger salons were all closed.

L: Do you have plans to expand your business?
K: Yes – but I don't want to expand it in the sense of having employees, I just want to do it by myself and from home so I am able to continue to maintain my work-life balance and being able to fit this in around my other job. However, next year we are planning to move house and hopefully find a house which has a garage which I can then run my business out of. I'll have more space and I think it will make it easier for us and the dogs.

L: And will you stay in Bar Hill?
K: Oh absolutely!

L: How long have you lived in Bar Hill for?
K: 14 years I think, my husband grew up here – I'm actually from Yorkshire, and when I met my husband we moved to Cambourne. When we were expecting our son, we decided to move into the village to be closer to his family and we haven't left since - I love it here.

L: What is it about the village that you like?
K: I like that you can get everywhere without touching a road, and walking from one side to the other without touching a main road which is just so special. I also always thought that if you wanted to quarantine a village that this would be perfect as we only have one way in and one way out! It's like we live in our own bubble and it's something which you don't find anywhere else.

L: What do you do outside of all your jobs?
K: Well there isn't much time! But my son plays football which we enjoy watching and I'm also the secretary for the Bar Hill Colts even though my son now plays for a different team. I like giving back to the village and I actually really enjoy it.
I also attend some of the Dave Jones fitness on some of the mornings – so I go too the early morning bootcamps. I also enjoy playing squash once a week – I really enjoy exercise.

For more information about **Fur the Love of Dogs**, please visit Kate's Facebook page or contact her directly on **07480 495366** or **kate.furtheloveofdogs@gmail.com**.

Is there a organisation here in Bar Hill that you'd like to see featured for next month? If so please contact the editor via email **bhneditor@yahoo.com** or on **07814 871752**.

Bar Hill Church news

Services

At the time of writing we are expecting almost all the Covid-19 social distancing rules will have been abolished from 19 July, so that the following services will be able to take place in the church without any restrictions. However, we appreciate that some people will be cautious about returning to church while there is still a high level of infection in the UK population, so we will continue offering our Sunday services live over Zoom as well as in-person.

Sunday 1 August, 10:00 am - Holy Communion

Sunday 8 August, 10:00 am - All Together Worship (may be held outside — look out for details nearer the date)

Sunday 15 August, 10:00 am - Holy Communion

Sunday 22 August, 10:00 am - Morning Worship

Sunday 29 August, 10:00 am - Quaker Meeting (in-person only)

Zoom link https://us02web.zoom.us/j/88297613899
Meeting ID: 882 9761 3899
Password: 284740

Church Contacts

Church Office	01954 206120	church.office@barhillchurch.org.uk
	(a new office manager about to be appointed)	
Minister	Rev Charles Mather	01954 277119
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BAR HILL RESIDENTS' ASSOCIATION

The Bar Hill Residents Association held its annual meeting (AGM) on 13th July 2021 at the Bar Hill Sports and Social Club.

At the meeting Laura Chapman was nominated and elected as Chair for the next year with Karen Hayden continuing in her role as Vice Chair.

If you'd like to join the Residents Association you can either contact Laura directly or email the editor here - bhneditor@yahoo.com

Chairwoman's Report 2021

The last year has been different, to say the least, from any other but I think we've all seen that The Residents' Association is an important part of village life. We've updated the Bar Hill News and over the lockdowns, it included vital pieces of information to keep our residents safe and informed. Perhaps the new Dear John and features sections entertained them all more than in past years but we've seen that most people appreciate the effort we put in.

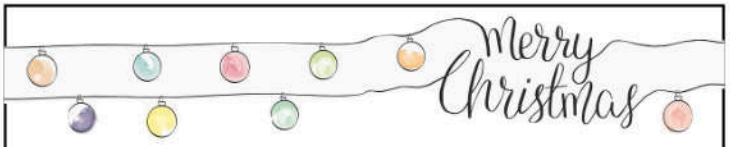
With that said, I'd like to say a huge Thank You to Karen, Richard, Amber, Andy and Bunty who have taken on the printing of the BHN with gusto! I was really struggling to print and deliver all the issues by myself (goodness knows how Martin Avery did it for all those years!), but now that we have the new printer and a team to help it really is much easier.

Previous years have seen the RA issue grants to groups and business such as Over Day Centre or the Fete but 2020/21 has seen little to no requests of help. I'd like to see us donate more funds to those that need help - I feel that we may need a new Member Title, as it were.... Perhaps "Charitable Fund Co-ordinator"? This is worth discussing in the future, I think! They would be responsible for making residents / village organisations aware that we are able to gift them money and then bringing the proposal to us at the monthly meetings.

While we're on the subject of new titles, the recent Litter Pick was organised by all of us but I'm wondering whether we could assign the role of 'Events Co-ordinator' to a willing volunteer? That way, we could ensure that one person was keeping track of everything required to make any future event run smoothly.

And while we're on the subject of events..... Christmas 2020 was, I think you'll agree, the best thing we could have put our money towards in the midst of Covid! We'll quite likely go down in history and that makes me as proud as punch. 2021 Christmas planning is well underway and although our 'Christmas in July' event wasn't as successful as we'd hoped, we are getting support from residents and the smaller businesses within Bar Hill so I think we can achieve a better display this year. Let's put some of hard-earned advertising income to Festive use!

Although I didn't put myself forward for the Chair person position, I really haven't minded it that much.... Except the report writing, we can safely say that it's one of my biggest dislikes!



Christmas In July

If you'd like to contribute to the funds for this year the fundraiser is still active and the total stands at over **£1000** two-thirds of the way towards our £5,000 target!

We have a goFundMe page; bit.ly/BHRAChristmas2021. If you'd like to donate but don't want to donate online cheques payable to "Bar Hill Residents Association" can be left at the Parish Council Office or at 18 Foxhollow.

If you'd like to help please email bhneditor@yahoo.com.

Success on the pitch continues to elude us, with two more league defeats in the last month.

There were three wickets apiece for Adam Dean and Marcelino Gopal as we bowled Cambourne III out for 120 to raise hopes of a victory, only for the batting to fall away to 66 all out in reply.

Against NCI, Jamil Haque, Tom Page and Jake Curry all took two wickets in the opposition total of 194 for 7, but again the Bar Hill batting was the issue as subsided to only 40.

We have a few more matches left to put that right and post some victories! Unfortunately, we have had to pull our second team out of the league as we have continued to struggle for numbers.

We also hope to organise the Fred Styles Memorial Match against a Social Club team during August, so please check our website for information on that.

Youth training sessions will continue on Wednesdays from 6pm-7pm on the village green during the school holidays, while there is demand. Keep an eye on the club website and Facebook page, or contact me as below to check the latest information.

All ages from 8-15 are welcome. Equipment is provided. Sessions are run by qualified and DBS-checked coaches.

Keep an eye on our website at barhillcricket.org.uk or on our Facebook page for the latest information.

Remaining fixtures:

- Sunday August 1st: Elsworth (A)
- Saturday August 7th: Milton II (A)
- Saturday 14th: Longstowe (A)
- Saturday 21st: Cam Kerala II (H)
- Saturday 28th: Madingley II (H – hosted at Elsworth)
- Saturday September 4th: Comberton (A)

Paul Stimpson

201212 | info@barhillcricket.org

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CAMBRIDGESHIRE COUNTY COUNCILLORS REPORT

Following concern in the cycling community and elsewhere the County Council commissioned an independent safety and risk assessment of the current layout of the barriers at both ends of the Bar Hill bridge. In relation to the chicanes in Bar Hill the conclusion was that they are not safe for cyclists and limit accessibility (for those using wheelchairs or on 'cargo' bikes) and therefore should be replaced with removable bollards (which were part of the original design).

The Highways and Transportation Committee meeting on 27 July 2021 will review (and potentially approve) this change.

This is a major vindication of the cycling campaigners who maintained that the chicanes were not safe – and they were right!

Additionally, the local cycling and walking infrastructure plan for Cambridgeshire consultation has closed. The results should be made available after the summer. For Bar Hill suggestions included improving the spine routes, making the bridleway between Bar Hill and the top of the High Street in Dry Drayton better linked, and of course improving the cycling and walking opportunities around the ring road.

There has also been a response from Highways England, who have broken their silence to admit some background information.

Their position is that:

- The A14 Development Consent Order (DCO) in 2016 did not have any information about this crossing, but it did indicate there was a bridleway, and so they argue that the inference could have been made that a crossing would be needed
- The road had to narrow in order to make a reasonable crossing for horses
- There will be reduced pressure on traffic and less congestion due to a reconfiguration of the roundabout (which will be monitored, to make sure this is true)
- The design was approved by the County Council, which will adopt the scheme once it is completed and handed over
- Neither Highways England nor County Council officers felt the need to mention these works to local representatives (parish, district or county councillors)
- They concede that with hindsight they should have held a proper information event, to inform local residents and elected members, but did not do so as they did not realise it would cause the concern that it did

So it seems that this crossing has been installed lawfully, the communication and engagement should have been better, concerns about traffic volumes have been taken into account and the position will continue to be monitored, to validate the assumptions made.

If their assumptions about traffic congestion turn out to be wrong, I will campaign to get the crossing changed.

Cambridgeshire and Peterborough Fire and Rescue – New Leadership

I was proud to be appointed to serve on the Fire Authority as I admire the work of this fantastic public service. At the first meeting I was elected as Chair of the Authority, which means I also have a place on the Board of the Combined Authority which is a body chaired by the Mayor and deals with strategic regional issues.

https://bit.ly/3zbQI9e

Cllr Edna Murphy - Bar Hill Division, Cambridgeshire County Council
Edna.Murphy@cambridgeshire.gov.uk, 01223 577005

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The Friends of the Rosie are enthusiastic volunteers whose aim is to improve the services the hospital provides by raising money for items that the NHS does not buy.

We are selling new items on our rosieinstitches.org.uk website and facebook marketplaces and second hand items in our **rosieinstitches2010** charity store on eBay. Sales so far in 2021 have raised over £500 for the babies at The Rosie Hospital.

We participated in another on line craft festival on 3rd July. Lots of interest in our products and all from the comfort of our sofas!

Until all our volunteers feel safe working face to face, all sales will be online. You can make an appointment with Avril to view a selection in person by sending an email to **avril@rosienstitches.org.uk**.

If you have been tidying another cupboard, we are still welcoming donations of craft materials. Our donors cupboard tidying has already raised £47 through our sales on eBay.

We need to find alternative storage space for the items we have for sale. If you have a garage or a shed that you are not making full use of would you consider letting it out to our charity.

The Rosie Hospital are able to accept donations of knitwear please call **01223 217617** to make an appointment to deliver your donation.

We are still unable to run our Friends of the Rosie tea bar in Clinic 21 due to Covid19. We are unable to say when our tea bar will be able to open again as most of our volunteers are of retirement age or older. We will provide you with regular updates when we know more. We would be able to open sooner if our volunteers were younger. We also need more volunteers.

If you know of anyone who might be interested. Please contact Ann Laskey (**annlaskey@icloud.com**) for more details of what would be involved.

New members are always welcome, whether to contribute financially, to join our team of knitters, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar.

Contact Mary Sanders on **01223 356615** further details on our website **rosieinstitches.org.uk**. All the very best for Summer.Thank you for your continued support.

Avril Wiliams - **avril@rosieinstitches.org.uk**

Anthony Browne MP

Keeping in touch with South Cambridgeshire

News and Updates from our Local South Cambridgeshire MP can be either found on his website;

https://www.anthonybrowne.org

You can also sign up to an email newsletter which ensures that News and Updates are delivered straight to your inbox.

Alternatively you can follow Anthony on Facebook; **https://www.facebook.com/anthonybrowneMP/**, or. Via Twitter; **https://twitter.com/ab4scambs**

You can write to Anthony at his constituency office;

Broadway House,149-151 St Neots Road, Hardwick CB23 7QJ.

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Maple Surgery Update

I would like to introduce myself, my name is Bruce Abel, the new Practice Manager, and I have been here since June helping the practice to make steady progress to ensure that it is organised for the benefit of patients and staff alike. There is also a Deputy Practice Manager, Catherine Trippier. As part of this process our surgery building will be going through a modernisation programme over the coming months to enable us to provide an improved service. We will be having new windows fitted in all the rooms and the whole surgery will have improved LED lighting these developments will be happening over the next month. Inevitably, there may be some short-term disruption but please be assured that patient care will not be interrupted and remains our priority. We will keep patients up-to-date with the progress. If you have any concerns, please contact the practice management team. Catherine and I are always happy to listen to constructive feedback and will endeavour to resolve any concerns. We are aware of the issues patients have had in the past and have put in place an action plan to improve and are working with the Patient Participation Group to bring about improvement.

We have now recruited a new GP Dr Oluwaseun Ogundaini who will be working 2 days per week and are seeking to recruit a suitable new GP to join the practice in addition to this for another 4 days per week. We have also employed an Advanced Nurse Practitioner Pamela Kumalo along with more admin and reception team members.

Meanwhile, the Covid pandemic continues to have an impact on the way in which we are able to work. In the current climate we are conducting telephone appointments only and, if clinically needed, the GP or nurse will request that the patient has a face to face appointment and attend the surgery. The front door is currently locked and patients attending an appointment should go to the back door and ring the bell. We will attend them as soon as we can. As you can imagine, the number of phone calls has increased considerably during Covid and we have installed a new telephone system to help us to cope.

MKGP PLUS

We recommend that you allow 7 working days from putting in a prescription request to collecting the medication from a pharmacy. Maple Surgery require 2 working days to process a prescription and send it to a pharmacy. The pharmacy will then need 3-5 working days to be able to dispense the medication for you.

What is MKGP Plus?

MKGP Plus Ltd is a CQC registered, healthcare provider organisation that is a subsidiary of the MKGP Ltd. MKGP Plus aims to provide high quality, standardised healthcare to patients both within Milton Keynes and beyond. We work closely with our member practices, Primary Care Networks, and other healthcare providers to make sure that care is responsive to the needs of our populations and that Primary Care is able to adapt to the rapidly changing healthcare landscape in the NHS. MKGP Plus re-invests all profits back into Primary Care.

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https://mkgp.co.uk/mkgp-plus

We are looking forward to working with you to continue to improve the service we are able to offer. If you have any concerns please contact myself or Catherine.

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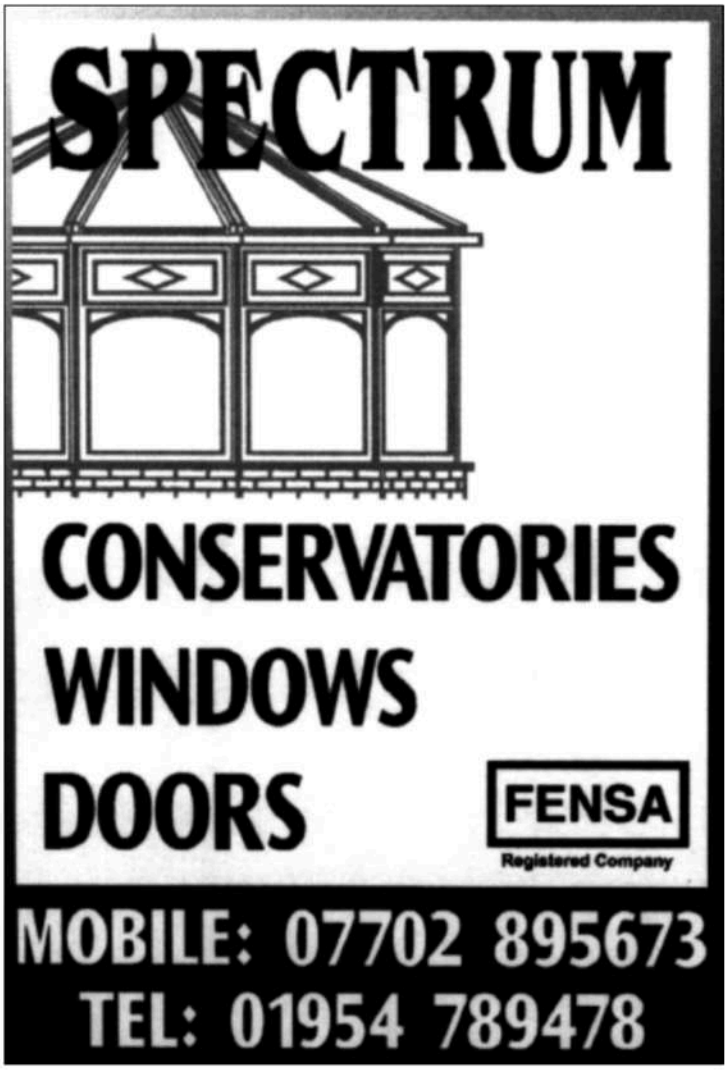
We meet on the 4th Thursday of each month in the Meeting room of the Octagon at 7.30pm. You do not have to have served in the Forces to join the Legion. If you would like to find out more about the Royal British Legion in Bar Hill please contact either Malcolm Cox on **01954488657** or Wendy Arrowsmith on **01954 781381** or come along to the next meeting.

Why not support The Royal British Legion in their Centenary year by buying a limited edition Centenary badge. Suggested minimum donation of £4 please contact Maggie Cox on **01954 488657**.



THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday. Copies are also available in the Church Centre.

Catholic Church Serving Bar Hill

Parish Priest: **Fr Adrian Gates** (Hospital Chaplain (Resident in Ditton), 01223 622690)

Local Contact: **Bunty Waters** (Tel: 01954 201421)

Mass is now held in the Octagon at 6.00pm on Saturdays, there are a few changes, names are given as you enter, masks must be worn, seating is socially distanced, communion is at the end of Mass as you leave.

Everyone is very welcome, could you email **bunty.waters@ntlworld.com** to let us know if you will be attending, Thank you.

Any queries please email or phone **07734 690580**

WILLINGHAM & LONGSTANTON SURGERIES

National Data Opt out

NHS Digital collect data daily from GP systems that support vital health and care planning and research. NHS Digital have developed a new way to collect this data from GP records, called the General Practice Data for Planning and Research Data (GPDPR)

You can choose to opt out of the data sharing with NHS Digital. To do so you must complete the opt out by 1st September 2021. Details regarding the National Data Opt out (opting out of NHS Digital sharing your data) and information about the usage of your data can be found on the NHS Digital Patient Information page. Links to the relevant information are on our website and facebook page. Opt out forms are also available from the surgery.

Staffing and GPs

We are delighted to welcome Dr Serena Vickers to the surgery at the end of August, as a permanent new GP at the surgery. We have now expanded our staffing and have 7 permanent GPs working across Willingham and Longstanton Surgeries. We have at least 3 GPs working every session at Willingham, and have 2 GPs at our branch surgery in Longstanton on a Monday morning.

We are welcoming an extra Practice Nurse, Donna Brown, to the surgery from mid August. Donna is a very experienced nurse who previously worked in the community as a district nurse, so may be a familiar face to some patients.

Willingham **01954 260230,** Longstanton **207600,** Dispensary **207602**.

District Nurse Team: **01223 726469 Option 2**

Health Visitors: **0300 029 50 50**

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www.willinghammedicalpractice.nhs.uk

We were also sad to say goodbye to Susan Craft and Pip Westwood who retired from the practice in the middle of July. We wish them all the best as they enjoy more time with their families.

Zero tolerance

Our receptionists are trained to signpost patients to the most appropriate clinician, and assess the urgency of your medical need. Whilst we understand there is a lot of frustration amongst the community due to the waiting times and queues to get through on the phone, please be mindful that our staff are working at capacity. Any form of abuse will not be tolerated.

Travelling abroad

From 17 May 2021, people in England who have been fully vaccinated against COVID-19 can demonstrate their vaccination status for international travel. A full course is currently two doses of any approved vaccine. Vaccine status will be available from:

- the NHS App which you can download from app stores
- the NHS website (from 17 May 2021)

It may take more than a week for your identity to be checked and verified so you can use these services.

If you cannot access these online services, and you have had 2 vaccines, you can request a paper letter from the NHS by calling 119. Only call 119 if you had your second dose more than 5 working days ago. It may take 7 working days for the letter to arrive.

When you're planning your travel, check the latest information on demonstrating your COVID-19 status when travelling abroad on the gov.uk website.

Please note: We are not able to provide you with a letter that shows you your COVID-19 vaccination status. If you require such a letter, please do not contact the GP practice and use the routes above instead.

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Bin Collection Timetable

Here's the bin collection Timetable for May and

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Aug 12		✔	✔
Aug 19	✔		
Aug 26		✔	✔
Sep 3 (*)	✔		
Sep 9		✔	✔

the start of June 2021. More information (and more dates) is available from the South Cambs website.

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Tuesday 9-2.30

Wednesday 9-5.30

Thursday 9-12.30

Friday 9-5.30

Saturday 9-12.30

The library is open Tuesday and Thursday afternoons (when the Post Office is closed).

The intention is to post updates, where times change, to the Bar Hill Community Facebook group (via the Residents Association).

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Bar Hill Day Nursery and Out of School Club

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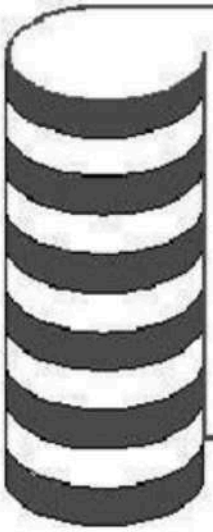
Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**



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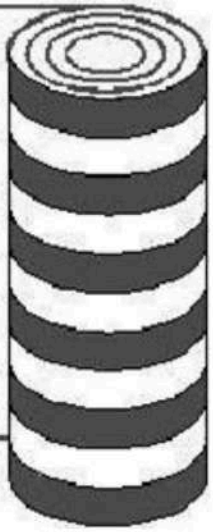

Bar Hill Village Hall

Our Village Hall stands in the centre of Bar Hill on the corner of the village green and is available for anyone to hire.

The Village Hall is a registered charity (1002579) and is run by a committee who act as trustees for the hall which is owned by the Parish Council. The hall has had 2 small extensions/alterations over the years and for the last five years we have worked hard to raise enough funds to carry out an extensive alteration and extension of the building in order to bring it up to date, make it fully accessible for disabled people and generally improve the facilities.

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Crafts Shed

We have set up a group called Crafts Shed, Bar Hill ("Shedders"). A shed is a place for men / women with like minded interests to chat, practise skills and enjoy making & mending. Often you will find us woodworking, repairing and restoring items in our "shed". Our Crafts Shed has already made and sold bird boxes, tables and hegehog houses raising funds for the group.

Covid 19 hit just at the same time as we got started last year. Like everyone else, we stopped meeting face-to-face and learnt how to meet online. Now the restrictions are being eased, we are meeting once again in groups of 6 people each day in the Scout Hut and outside, this also includes selling items to people passing by.

We meet three times a week (Tue, Wed & Thurs) from 10.00am to 1.00pm in the Scout Hut near the village hall. We would like to welcome and meet new members to our shed. Just come along, have a drink & biscuit and see what it's all about.

Also we are looking for donations of timber, plywood, screws etc which would be very useful in helping members learn new skills and keeping the "old brains" working! Also it's a place were you don't have to make or repair anything, just come along, sit and a natter.

If you can help with donations, or would like further information, please contact: Chris Stannard **01954 781978** / **07711 623425** or Chris Graham **07913 013920**.

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17 months ago, the Covid-19 Support Scheme was born, with a simple aim of supporting anybody in our village who needed help with collecting prescriptions, shopping for those who were clinically extremely vulnerable, the provision of advice from an experienced advisor with Citizens Advice, access to our own village foodbank as well as access to mental health support.

Together with a large group of village volunteers and the generosity of spirit characterised by our wonderful community, we have delivered hundreds of food parcels, advice, prescriptions, shopping and a listening ear to those asking for help.

As we cautiously (or perhaps not so cautiously) emerge from our unusual sense of isolation triggered by the global pandemic and start to tread tentatively back into the society, boosted by the vaccines and encouraged by scientists and politicians alike, the Core Group have started to think about the so often overused modernism, 'legacy'. Will the Covid-19 Support Group have such a thing (legacy), in fact should any of the service elements it has provided continue within our new found freedoms or not? Well having taken the most rudimentary soundings from our community, largely via our Community Face Page members, there appears to be an appetite for a face to face coming together of our community, a continuation of at least some of the Covid-19 Support Scheme elements and a willingness to step up and volunteer a little bit of time and energy which is always the magic elixir that enables any community to thrive.

Around Autumn time 2021, we intend to transition the Covid-19 Support Scheme into the Community Hub, with a vision that it is quite literally "in the community, by the community, for the community!".

In summary, every Monday morning from the launch date which is yet to be agreed, the Community Hub hopes to offer, within the church Octagon buildings, between 9.30am and 11.30am, a meeting place for our entire community offering;

- The Coffee Stop - for a cuppa and a chat and perhaps a piece of cake or two!

- Foodbank - the village face to face foodbank, where if you are struggling to put food on the table you can simply turn up, have a chat, in the strictest confidence and we'll be happy to help support you through your challenging time. You DO NOT need any sort of foodbank voucher, just the courage to turn up and quietly ask for help. We'll have a confidential area where either myself or Yvonne, my wife, will be only too happy to help you.

- Citizens Advice - a formal Citizens Advice satellite bureau will be included each week, where once again, you can just turn up and talk to a qualified and experienced advisor. Whether it's help with benefits, debts, immigration, legal matters, employment, housing, you name it, we've probably come across it and can support you and point you in the right direction. During the last 17 months the Support Scheme with Kevin providing professional advice, has provided over 600 pieces of advice in response to requests from within our community, so we know there is a need and we are determined to provide the support and advice that you need, when you need it.

- Mental Health Support - We have 2 trained Mental Health First Aiders, both of whom will be available to offer a listening, empathetic and non judgemental listening ear. You will just need to take a deep breathe and summon the courage to walk in and tell us you'd like to have a chat.

- Parish Council Surgery - Once a month, there will also be a Parish

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BAR HILL ROSARY GROUP

Dear All,

Rosary Group meetings have to be postponed until further notice. Nevertheless, this particular uncertain time might be a convenient moment for you to develop more personal relationship with Jesus and Virgin Mary to find peace of heart. We may help you by giving away rosary beads with instruction how to start praying. Whether you are new to rosary or not we encourage finding time for a faithful reflection. Please text your address to Agnes (074 3255 0621) and the free kit will be delivered to your door (in Bar Hill). God bless you!

Neighbourhood Watch Network is a charity registered in England & Wales, CIO no: 1173349

NEIGHBOURHOOD WATCH

PROTECT YOUR POOCH

Dog theft is on the rise and we are urging the public to keep their dogs SECURE, IN SIGHT and SEARCHABLE, and to help make pet theft a SPECIFIC OFFENCE.

Keep them:

1. SECURE (pets are easily stolen from unsecured gardens if left unattended)

2. IN SIGHT (when out and about keep them close and practice good recall)

3. SEARCHABLE (to support quicker recovery if they go missing keep them microchipped, tagged and up to date photos)

AND HELP MAKE PET THEFT
A SPECIFIC OFFENCE

Find out more on all of the above and more at ourwatch.org.uk/ProtectYourPooch

Councillor available, who you can talk to about your thoughts, observations and concerns about our community. In tandem with the Citizens Advice team, we feel confident we will be well equipped to not only listen, but find the right sort of advice and guidance, whatever issue you're requesting help with.

So, Monday's 9.30am to 11.30am, a cuppa and a chat in the Coffee Stop which will be in the Octagon room and all the other services available in the reception and the Meeting Room, which will be divided up and providing a level of confidentiality, between the foodbank and the Citizens Advice unit and Parish Council Surgery once a month. All free of charge, all available for anybody within the community to drop in.

Putting together something on this scale takes time, energy and considerable logistics, so to that end we are asking for volunteers. We just need to know how many times a month you can put in a 'shift' (9am to 12 noon including set up and pack down). We'll get you slotted into the various areas according to the needs of the Community Hub and where necessary provide appropriate training. Every volunteer of course, will be required to undergo a DBS check, but even in this respect we'll take care of the process, free of charge for volunteers, with the help of the Bar Hill Church Safeguarding Officer.

By way of a soft launch, just the Coffee Stop part of the service, providing the ability for you to drop in and have a good old 'chinwag' and a cuppa and perhaps a piece of cake will start on September 6th, with the hope that the rest of the service will gradually be expanded by Autumn 2021, to coincide with the ending of the various government structured support mechanisms such as the temporary uplift in Universal Credit, the 'Furlough Scheme' and the Self Employment Income Support Scheme to name just a few.

We'll be posting similar launch details to our existing database of village volunteers and the various village FaceBook pages and also continue to update you via Bar Hill News.

Who: 'Community Hub'.

What: A place for our community to gather each week, get to chat and make new friends within our wonderful community and if the need arises, ask for and receive help from a range of support services.

When (soft launch): Launching with the 'Coffee Stop' on Monday 6th September (9.30am to 11.30am).

Where: The Octagon meeting rooms.

How do I access it? Just turn up, grab a cuppa, have a chat, meet others within our magnificent community!

VOLUNTEERS NEEDED!

We need the community to participate to make this a rip roaring success and to that end if you are happy to make yourself available to help, even if only 1 shift per month, please either;

Email Kevin Potts: BarHillAdvice@gmail.com

Phone: 0800 088 6522 (just leave your name and telephone number) or,

Messenger: Send Kevin Potts a message via FaceBook Messenger

We'll make sure we get back to you as quickly as possible!

A new type of Community Hub..in the community, by the community, for the community!

Warmly,

Kevin on behalf of the Core Team.

Mental Health First Aid **ACTION PLAN**

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Bar Hill Sports and Social Club

It's been an exciting month with reopening! the covid restrictions and table service has taken its toll on the staff and committee so thank you for your patience and understanding as we get used to the ever changing new normal.

We are always looking for new staff, Evenings and weekends available. If you would like to earn some extra cash please contact Helene to discuss this further.

We have some great events booked in so far for everyone to enjoy.

Starting with our annual Christmas draw renamed the Summer raffle, being drawn on the 20th August - tickets available to buy right up until the draw itself.

Then our family filled fun day on **Saturday 28th August 2-6pm**, rides, BBQ, zorbs, mini beer fest, bouncy castles and much more followed by a disco for the kids and adults in the club from 6pm. No tickets required just come and enjoy. Everyone welcome!

Saturday 18th September - The Harry Potter quiz! 6.30 registration for 7pm start. Whole family welcome! £2.50 per person to enter, winner takes all!

Saturday 16th October - Love the 80's, sensational singer featuring Madonna. £5 per ticket available from the Club. 8pm in the Village hall.

Saturday 30th October - Halloween disco for the kids. 6-8pm.

Saturday 11th September - sidekicks playing live.

Gets these dates in your diary and look out for more exciting things to come.

Thank you for all your support, we hope to see you all soon.

If you need to contact us please email - we'll aim to reply as quickly as possible.
bhssc.secretary@outlook.com

To keep up to date with what's happening at the club check out our new website
www.barhillssc.co.uk

Bar Hill Pre-School

We offer childcare Monday to Friday 9am-3pm, term time, for children aged 2-5 years. We offer sessions through the government funding, including funded twos and accept childcare vouchers.

In July we are saying goodbye and good luck to our children moving up to school. We have loved getting to know you all and watching you grow into confident learners. Have fun at big school.

We have been out walking in the local area, looking at various trees and plants. We were lucky to be invited to see the air ambulance up close. We also took part in a sponsored walk for charity raising £274.50

We were pleased to be able to harvest the potatoes we have been growing, this month. The beans and tomatoes will be after the holidays.

We have continued to focus on the summer season and what we like to do with our families. It has been lovely to hear how family members share their skills with the young children.

We wish all our families a safe and healthy summer holiday break. We will re-open on Monday 6th September 2021. Please see our website for email contact details during the summer break.

Are you interested in a place? Call us on **01954 782892** to arrange a visit or see our website **www.barhillpreschool.co.uk** for more information.

FOR SALE (Jul): Bose Companion 20 Speakers for Computer RRP ~~£199~~ £115 O.N.O

Bose Solo TV Speaker with remote RRP ~~£239~~ £115 O.N.O

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Birthday Corner

Happy birthday to Karin Reed who is 35 years young this month, and Jenson Dickinson who will be celebrating his 11th birthday!

Also celebrating this month is Maggie Wong who will be 3, and Thomas Bishop who will be turning 6 this month.

Happy birthday to Kornelia who turns 10 on August 7th and Hanna who turns 7 on August 23rd, with love from Mummy, Daddy and little sister Matylda.

Malgorzata Rykowska would like to say: "Happy birthday to my friend Nina who turns 39 on August 12th. Welcome to the wonderful village of bar Hill.
Happy birthday to my second sister Kasia who turns 38 on August 9th. We wish you a fantastic day full of surprise xxx".

Finally, a huge happy 40th birthday to the Queen of the Jungle herself – Antonia the greatest warrior from Jungle Boogie! From all of your tribe xxx

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Covid-19 Support Scheme

0800 088 6522

Summer holidays are here!

If your child/children have been receiving free school meals you are welcome to contact the village food bank who are here to help.

No vouchers necessary!

Just call: **0800 088 6522**

Bar Hill NWR

Bar Hill NWR (National Women Register) is a friendly group of like minded women who meet every two weeks in members' homes (gardens at present) discussing a variety of topics.

If you are interested in joining please contact the Local Organiser Kaye on **782403** or her deputy Marie-Thé on **780329**.

August 5th: Africa (research and talk about an African country

August 19th: Saints (research and talk about a Saint)

September 2nd: Famous women (talk about any famous or infamous woman past or present)

PUZZLES & GAMES

AUGUST 2021

A	I	N	I	N	E	P	O	L
A	N	Z	I	N	G	S	A	I
C	R	I	L	C	L	S	G	R
E	E	N	L	I	N	T	A	R
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H	A	M	P	A	U	V	E	T
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WORD TILE BY BH

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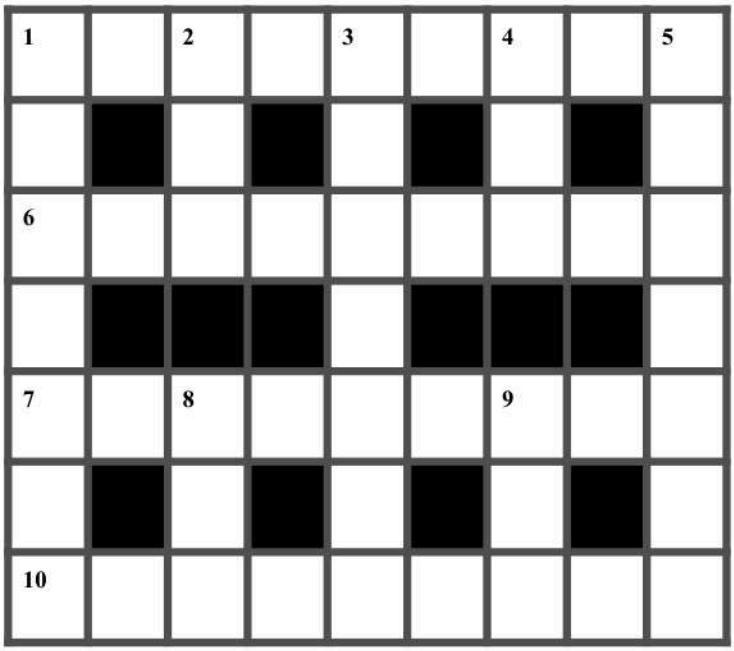
AIM: Place the 27 'three character tiles' in the left -hand grid TO the CORRECT spaces in the right hand grid relating to **NINE FABRICS** containing NINE letters horizontally and in alphabetical order.



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5					4			7
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7	8	9	3					
			4	8	6			
					7	2	3	8
	3	5				1		
9		7		6			5	
8			5					2

Across- 1.providing tools, materials etc. 6.those welcome at Crafts Shed, 7.Sea fossil, 10.--- Association produces Bar Hill News.

Down-1.voter, 2.employ. 3. type of board. 4.International Standards Organisation. 5.natural or gas provider of hot water. 8.---& buts. 9.atomic particle.

Puzzle solutions will be published on the 25th of the Month on the Bar Hill Residents Association Facebook Page (or can be obtained by emailing the editor)

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Our new season is up and running and we have been enjoying some summer sunshine!

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Membership entitles you to play at anytime but the courts are also available to hire for private play. Membership applications and individual court hires can all be booked and paid for "on line" via our website.

Our Adult Club nights are **Tuesdays & Thursdays 6.30 to 9pm** and we play social tennis – very relaxed and catering for all standards

Please come along and give tennis a try. We welcome players of all abilities. Tennis is an excellent way to keep fit and enjoy the summer evenings in a relaxed and friendly environment.

When playing please observe Government Covid guidelines and any guidance posted at the Courts.

We look forward to seeing you!

CONTACTS:

Paul Chubbuck (Secretary): **07983 435104**, and Geof Tamulonis (Chair)
info@barhilltennisclub.co.uk

FOR MORE INFORMATION PLEASE GIVE US A CALL OR VISIT OUR WEB SITE.

www.barhilltennisclub.co.uk

A Spotlight on "The Olive Tree Bereavement Group"

Around 6 years ago, Chris and I embarked on a course of bereavement training run by the national organisation CRUSE. It was a commitment of 2 years with regular training, assessment, visits to clients and supervision. Following the training and some regular client visits within Cambridge, we became aware of the lack of bereavement help available in villages north of Cambridge which included Bar Hill. We met with our minister Charles (also CRUSE trained) and did much research into models of Bereavement Support around the country both secular and church responses and how they were operating. From this we decided on a mode of working which may be of help to our village community and for the individuals already struggling to come to terms with losing loved ones.

We started with a few people known to us who needed a supportive environment to come to terms with their losses. The group gradually grew. Four of us have completed the CRUSE training and some others support the work in practical terms in our monthly meetings. The group has grown and also some have felt ready to move on.

It feels like a good time to explain our purpose and method of working to the wider community to dispel any myths about the group and its members. Much of what we do is done in confidence to protect and respect our members very private and painful experiences. The group is based on this trust and respect. To explain what the group does and how it works requires a deeper look at the grieving process.

The group is run to support anyone in this area (Bar Hill and beyond), who have suffered a bereavement whether very recent or longer ago.

The nature of bereavement Is coming to terms with a devastating change that affects every aspect of a person's life. Every routine and activity that has been shared, has to be re-learned as a solo pursuit. Certain objects and events will trigger memories and the pain of loss can strike unexpectedly at any time and even after a long period of time.

Members of our group appreciate that they can say and share anything related to grief and others will understand. Examples of painful memories and experiences will resonate with others. For most being able to relay the pain is therapeutic particularly if others understand and have had to deal with similar experiences.

We continue to try by various activities and approaches in our meetings to find ways of understanding and coming to terms with loss. Listening is a large part of what we do. Occasional shared social events and outings together give the "newly singled "people a chance to dare to become a "social being" again with trusted much needed company.

Through the group, friendships and contacts are made with others who understand and can offer support. If you or someone you know are suffering the loss and trauma of bereavement, we are here and happy to offer help. As well as our monthly meetings, there is opportunity for 1:1 support which is offered in complete confidence.

We are always happy to talk about what we are doing and will answer any general questions.

Our "CRUSE" trained leaders :

Chris Stannard **01954 781978**

Sue Kenchington **01954 780260**

Maggie Cox **01954 488657**

Rev. Charles Mather **07757 927111**

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For an application form, please see: https://sheprethwildlifepark.co.uk/volunteers-vacancies/

Contact Liz Dams : **07912 988898**.

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HAPPY HOURS - August 2021

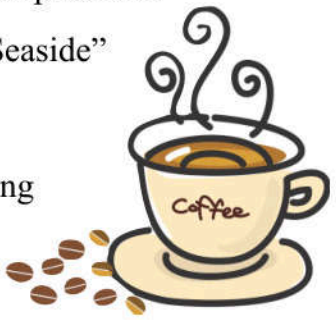
We are meeting in the main bar area of the Sports and Social Club between 2 and 4pm on Friday afternoons for tea and cakes, getting together with friends, fun and games, all of this for only £2 per person. The bar will be open if you want something 'extra'

We are looking for new members to join us so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along and give us a try!

In the meantime STAY SAFE!

Coming up in August and September:

06-AUG: "A Day at the Seaside"
13-AUG: Quiz
20-AUG: Games
27-AUG: A talk on Hearing Dogs and a Quiz
03-SEP: Bingo



Anne Plumb, **01954 780364**

BAR HILL WARD - DISTRICT COUNCILLORS REPORT

Ox-Cam Property Flood Resilience (PFR) Pathfinder Project

I hope you are able to visit the vehicle in Tesco Carpark in August (20th or 21st TBC), there is a considerable amount of information for homeowners, the flood in Bar Hill in 2014 was significant and there is the possibility of flash flooding anywhere in the country, the support and advice in this project is worth looking at.

Cambridgeshire Highways

Cambridgeshire Highways organises road closures and diversions due to flooding. They also place flood warning signs on roads and clear blockages on highways drainage systems. You can contact 0345 045 5212 or the Police out-of-hours.

Stagecoach Changes - Tweaking Timetables

Please copy and paste this for updated information on busways and bus times

https://bit.ly/3ideM4s

Vaccine effectiveness in clinical risk groups

On 9 July Public Health England (PHE) published the results of a study which found that COVID-19 vaccines are highly effective in clinical risk groups. The study found that the vaccines used in the UK were as effective at preventing symptomatic disease in the majority of people with underlying health conditions as the rest of the population. The study, which included more than one million people in at-risk groups, found that:

- overall vaccine effectiveness against symptomatic disease in risk groups is approximately 60% after one dose of either AstraZeneca or Pfizer-BioNTech, with little variation by age
- after two doses, vaccine effectiveness is 81% with AstraZeneca in people in risk groups aged 16 to 64
- in people in risk groups aged 65 and over, vaccine effectiveness with Pfizer-BioNTech is 89% and 80% with AstraZeneca
- for those who are immunosuppressed, vaccine effectiveness after a second dose is 74%, with similar protection to those who are not in a risk group. This rises from 4% after a first dose

Working safely guidance from step 4

On 14th July the government published guidance on working safely during COVID-19 as part of step 4 of the Roadmap. This guidance reflects the measures different types of workplaces should follow when England moves to step 4 on 19 July, and has been published to inform planning and business operations. It includes a number of guides which cover a range of different types of work including construction, shops, restaurants and offices. Organisations may need to use more than one of these guides as they think through what they need to do to keep people safe. Guidance for events and attractions from step 4 has also been published as part of this update.

Working safely guidance: https://www.gov.uk/guidance/working-safely-during-covid-19

Events guidance: https://www.gov.uk/guidance/working-safely-during-covid-19/events-and-attractions

I have to say congratulations to our wonderful England football team for their successful wins in the lead up to the final and to finally play against Italy, I suppose there had to be a way to say who won but the game showed they were equal players.

Welcome if you are new to the village, contact me if I can help in any way or you would like more information

Please contact me if you would like further information, help, or advice
Cllr Bunty Waters - bunty.waters@ntlworld.com **01954 201421/07734 690580**

U3AC is a well-established, educational charity based in Cambridge with over 2,200 members. We offer a wide range of courses covering traditional subjects, such as history, languages, sciences etc; plus leisure pursuits, such as bridge and board games as well as physical activities such as walking, dance and table tennis. Our typical members are no longer in full-time employment. We aim to be Inspirational, Educational and Sociable, as participation is known to enhance well-being – both mental and physical. Offering over 300 courses and lectures we have something for everyone! Set up in 1982, we are self-financing and run by our members for our members, and we encourage those who wish to, to become tutors. We have premises in Bridge Street and offer a variety of learning styles - lectures, discussions, hands-on - both face-to-face in our modern well-equipped premises, and online via Zoom.

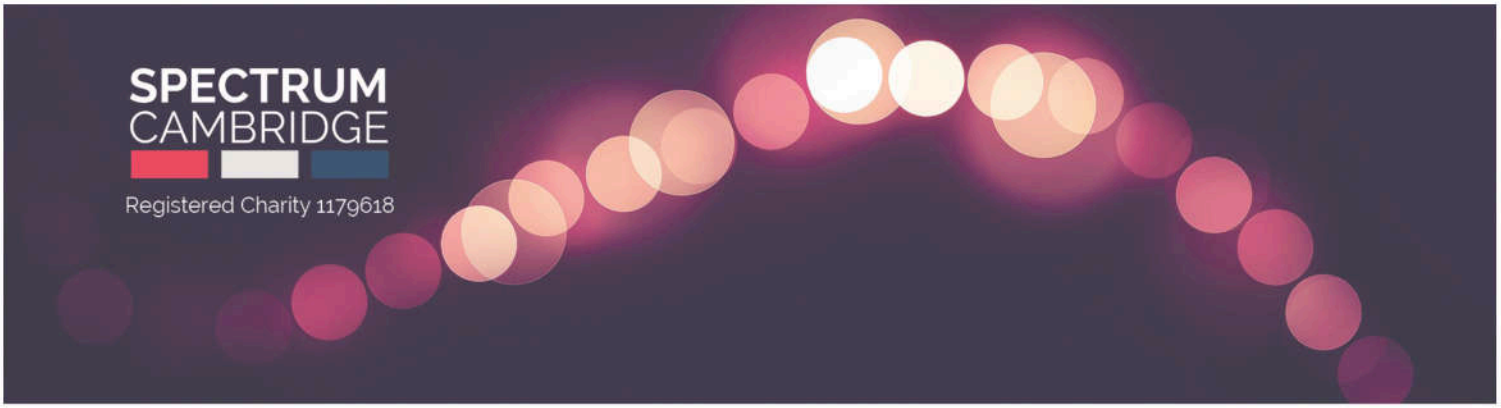
Who we are and what we do

University of the Third Age in Cambridge (U3AC), an independent Charitable Incorporated Organisation (CIO), organises educational, social and fitness activities for people who are not or no longer in full-time employment (there are no age restrictions). Set up in 1982, we are self-financing and run by our members.

Please look at us on **www.U3AC.org.uk**, and we would be happy to send you our Programme for 2021/2022. We will be having an Open day and you are welcome to come and meet us in Bridge Street !

U3AC

Email: office@u3ac.org.uk
Telephone: 01223 321587



Spectrum are family focused and passionate about inclusion.
We are proud to have won both the Cambridge Live Community Awards and Luminus Community Inspiration Awards for our work.

Providing a broad range of engaging and imaginative events, days out and SEND support for children with Autism, additional needs, learning difficulties and disabilities, alongside their families and carers.

Additionally we are a recognised agent for Max Card across East Anglia and work closely with Clip n Climb Cambridge on their SEND sessions.

Our membership is free.

@spectrumcio

www.spectrum.org.uk 01223 955404 hello@spectrum.org.uk

#WEARESPECTRUM

ActionFraud

National Fraud & Cyber Crime Reporting Centre

We've looked at the psychology around why people fall victims to scams, to help people protect themselves against the huge number of scams that are happening every day.

We also know that victims of scams often report that in hindsight they felt something wasn't quite right at the time. We are raising awareness of the tactics scammers use, and encouraging you to 'stop and think' if something doesn't **FEEL, SEEM, LOOK or SOUND** right, allowing time to trust your gut instinct and help prevent you from becoming a scam victim.

We've identified 5 tactics that scammers use to hook people in, helping you stay one step ahead and protect yourself and loved ones against the increasing variety of scams that are happening every day:

- **RECIPROCITY** - They imply they're doing you a favour
- **SOCIAL PROOF -** They indicate everyone else is doing this
- **URGENCY -** They say your only chance is to act now
- **CONNECTION -** They act like they're similar to you so you like them and want to please them
- **COMMITMENT -** They ask you to do one little thing which makes you do more

Any of us can be caught out by scammers. They deliberately target our better natures and use psychological tactics, like being overly friendly or pretending to do you a favour, making you a limited-time offer, telling you everyone else has done something or trapping you into doing little tasks for them. If you sense something's not quite right, give a clear, firm "no". Politeness and fear of offence can make us more vulnerable – so we want to tell people it's ok to be firm in telling scammers you are not interested.

John Hayward-Cripps, CEO of Neighbourhood Watch Network

Join the neighbourhood watch and help make the village a safer place to live. See advert on Page 37.

Bar Hill Motors

20, Viking Way (next to Tescos)

For all your car care needs

The air conditioning has had a hard summer!
Has it been serviced in the last two years?
If not, we can help with our Qualified Staff and equipment

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Closed Sun.

☎ 781132

Swavesey Camera Club

One of the leading clubs in East Anglia

Are you interested in getting more from your photography whatever your level ? Come over to Swavesey Camera Club. So whether your camera is a mobile phone, basic compact camera or the latest digital SLR our programme is designed to help you get the best out of it. We are always keen to encourage new members to join and pride ourselves on being a very friendly, welcoming club with activities to suit all abilities.We very successfully completed this season via Zoom due to Covid 19. Meeting via Zoom has enabled us to have guest speakers and competition judges from around the UK and other countries such as Southern Ireland and Georgia.

Our first meeting of the new season 2021 / 2022 will be on Thursday 9th September 2021 at 7.30pm. We are hoping to provide a mixture of physical meetings when it is safe to do so, Zoom meetings and "hybrid" meetings (both physical and also available via Zoom). Please check our website for updates on our meetings nearer the time. Our forthcoming season's programme is in

development and will be available to view on our website soon. Our last season's programme is available to view to give you an insight into our club activities. We will be having expert guest speakers, internal competition evenings and also members evenings all of which are designed to inspire you.

If you would like to see for yourself the first evening is FREE to non-members and £4 per visit both online & in person on subsequent evenings.

Full membership for the season - Adult £50, Concessions £40 , Youth £15.

Physical meetings would normally take place at Swavesey Village College when it is safe to do so.

Go to the club website for more information. There is also a "CONTACT US" form to get further advice about joining the club.

www.swaveseycameraclub.co.uk

Hope to see you there !

Maggie O'Moore, Committee member

Harvest Mouse (c) Maggie O'Moore

Steve Jolley

Plastering & Tiling

33 Field View

Bar Hill

Cambridge

CB23 8SX

Home 01954 780445

Mobile 07727 203626

SCAM WARNING

Undelivered Parcel Scams Continue

Whilst we have warned about undelivered parcel scams several times in the past few months and there have been a number of recent arrests for these crimes, these scams continue to be commonplace and take many different guises which could easily dupe someone who isn't in the know. So please be on your guard and warn others to be so too.

These scams involve a text message or e-mail claiming to be from a parcel delivery company such as Royal Mail, DPD, Hermes, or others. The message will state that a parcel delivery was unsuccessful or that the postage paid was insufficient and therefore you must pay a fee in order to receive the package. There is always a link provided to input payment details - that link is designed to steal your information.

For example;

> Royal Mail: Your parcel has a £2.99 unpaid shipping fee. Pay this now at https://royalmailuk-deliveryfees.com otherwise your parcel will be returned to sender.

In some cases the scam involves an exorbitant fee being taken at the point someone provides their payment details (and not just the small fee claimed in the original message). In other cases a phone call will follow, purporting to be the victim's bank (after all, in the case of a fake text, the scammer already has their victim's number and, if they input payment details in the hyperlink, the scammer gains their banking details too). The caller sounds official; explaining that they can see payment details were provided to a fraudulent site and therefore the victim must transfer their money to a 'safe' account. Some people have lost all their savings by being conned into making a bank transfer in this way.

In most cases these scam texts come from a mobile number which should be a red flag that it might not be genuine - but don't forget that scammers can 'spoof' numbers to appear the same as the number of the organisation they are copying. So if you have a genuine message from Hermes in your phone messages and a new message comes in and appears in the same conversation 'thread' on your phone, this doesn't mean it's a genuine Hermes message as the scammer could have spoofed Hermes's number. Our simple message is a parcel delivery company would not ask you to pay a redelivery or unpaid shipping fee online so do not click on any links inviting or instructing you to do so.

In the case of e-mails it is often helpful to hover over or click on the sender's name to see their true e-mail address. The same message applies as above - a parcel delivery company would not ask you to pay a fee online so do not click on any links inviting or instructing you to do so.

Forward scam texts to **7726** and phishing e-mails to **report@phishing.gov.uk**.

Report scams to Action Fraud on **0300 123 2040** or via their website **www.actionfraud.police.uk**.

Christmas Draw
Summer Draw
Friday 20th August
The same fantastic draw
Get your tickets now just ask the staff when ordering you drinks!
25p per square
All squares purchased prior to lockdown are still valid

Summer Safety

Creating a safer Cambridgeshire

We don't need to point out the obvious that the weather has got much warmer, however we do want to take this opportunity to remind you to take extra precautions to secure your home.

There is usually a notable correlation each year between when we get the warmer months and opportunistic burglaries where windows and doors have been left open.

Our advice is to make sure windows are closed fully when leaving your home or even when you are in your garden (if you are fortunate enough to have one!) and make sure your front door is locked.

Also, homes without basic security features are five times more likely to be burgled than homes with security, therefore our advice is to put in place simple yet effective, precautionary measures to reduce the chances of becoming a victim of burglary.

Security measures that can be taken are:

- installing a visible burglar alarm
- having good outdoor lighting or motion sensing security lights
- locking doors, windows, side gates and outbuildings when you leave your house, even if you're just out in the garden
- keeping vehicle keys out of sight and away from letterboxes
- keeping ladders and tools stored away

Please be vigilant and report any concerns about suspicious activity to us – even if you think it may be nothing, it could help us prevent a burglary or catch those responsible.

To report information, visit **https://bit.ly/3enN585** or use our online web chat function at **https://bit.ly/3vsiYDw**. Those without internet access should call 101, but always dial 999 if a crime is in action or someone is in danger.

More information on how to keep your home safe can be found on our website at **https://bit.ly/3elWc9l.**

Bar Hill Litter Picking Day

Unfortunately this didn't proceed as well as could be expected. After taking advice it was necessary to substantially change our plan for the day - a post was made on Facebook only a couple of hours before it took place.

The plan on the day was for people to collect litter pickers, bags, and gloves (kindly provided by Tesco) and, rather than proceeding to collect on the day, collect rubbish over the next week.

A huge thank you to all those who came (and to our ever-resourceful chair Laura Chapman for coming up with the on-the-day plan as well as meeting and greeting those that did arrive).

We managed to collect quite a tidy pile of rubbish the was collected and disposed of on the Monday after the event.

After the event we decided that it was actually better to let people keep the litter pickers we had provided on the (not-unreasonable!) assumption that they were a lot more likely to be used by people to pick letter if they had them rather than they were sitting in our cupboard.

We plan to get some more to enable little picking at a future date and hopefully the next event will proceed a lot more according to plan!

KEEP BRITAIN TIDY.

Helping hedgehogs in August.

Now the youngsters become independent of their mother and wander off on their own adventures. As hedgehogs live solitary lives they are unlikely to encounter their siblings again. There is a peak in road deaths as independent young seek new areas. Hedgehogs can travel up to 2 km a night. Make sure there are access points to both your garden and your neighbour's garden. We can help them survive by providing fresh food and water each night. Hedgehogs are nocturnal and should not be out during the day. If you see one out it will most likely need immediate veterinary attention. The only time a hedgehog is ok out during the day is when it's been disturbed and is resting. It will be obvious as the hedgehog will have leaves and grass in its mouth. For help and advice please contact Liz Dams - **01792 988898** or Shepreth Hedgehog Hospital - **07505 651968**.

Hedgehog Fact

The hedgehog was not always called a hedgehog. Before this they were called Urchins which led to the naming of Sea Urchins.

Wildlife Gardening in August

Leave seed-heads on plants to provide food for birds and small mammals.

Birds such as blackbirds and thrush often continue nesting well into August. Please check hedges and bushes before cutting and wait until this seasons broods have definitely flown before you trim.

Wildlife will be looking for water and food. You will be saving lives by providing both in your garden.

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Bar Hill Resident for over 40 Years

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Bar Hill Neighbourhood Watch

working for a safer community

BAR HILL

To contact Neighbourhood watch please email nhwinbarhill@yahoo.co.uk

To keep up to date on the latest developments please join us on facebook: http://bit.ly/FBBarHillNHW (or search for "Bar hill NHW")

BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH
01954 780456 - clerk@barhillpc.org.uk
Chairperson: bunty.waters@barhillpc.org.uk

Many thanks for your responses to the consultation on the A14 upgrade refund monies of £18,223. We received 103 responses, with a wide range of ideas and potential projects. These have been checked and counted by Mr Bob Wells, as a resident unconnected to the Parish Council. A full, anonymised copy of all the responses will be published on the Parish Council website on 2 August, along with the Clerk's report on the consultation as submitted to the council.

The top ten projects in order were: 1 Skate Park, 2 Perimeter Road Path, 3 Play area improvements/install a Zip Wire, 4 Something for teens, 5 New benches, 6 Pathways repaired/resurfaced, 7 Outdoor exercise equipment for all ages, 8 Replace/refurbish the Scout Hut, 9 Community Orchard, 10 Memorial Garden seat replacement.

The Council will have received the results at their full meeting on 22 July 2021, and will then consider over the summer recess how to allocate the monies between the issues raised that the Parish Council is able to contribute to. It is hoped to spread the monies across as many of your ideas as possible to benefit the whole community. Some of your requests are issues that the County Council are responsible for. We will share this information with Councillor Edna Murphy and ask that they be raised on your behalf. We will keep you posted with how the final amounts are to be allocated over the next few months.

Useful Links

Dogs (Fouling of Land) Act 1996 (South Cambs DC); http://bit.ly/bh-dogfouling Environmental Crime (South Cambs DC); http://bit.ly/bh-envirocrime Damaged Street Nameplate (South Cambs DC); http://bit.ly/bh-streetnameplate Reporting issues with roads, paths, street lights, etc. (Cambridgeshire CC); http://bit.ly/bh-highwaysfault Report a non-urgent Crime (Police); http://bit.ly/bh-reportcrime

Contact office@barhillpc.org.uk for an information pack about becoming a Parish Councillor https://www.barhillpc.org.uk

Cambridgeshire County Council (CCC) has funding for families who receive free school meals for their children, due to the benefits they receive, to have fun with their friends and enjoy new experiences at a local holiday scheme this summer. The Holiday Activity and Food (HAF) programme is funded by the Department for Education (DfE) and is co-ordinated by CCC.

An eligible child will be entitled to up to 64 hours of free holiday childcare through the school summer holiday period. Parents can book places directly with participating holiday schemes, more information can be found at www.cambridgeshire.gov.uk/haf

As well as this summer being a long growing season for grass, there are more vehicles parked around the verge areas than there have been before. Perhaps this is because more of us have been working from home. This has made it more difficult to access all the areas that need to be cut and strimmed to keep these areas neat and tidy.

Please could we ask all residents with any vehicles parked close to grassed verges to move them away from these areas on the evenings before and days of the following dates in August when the grass cutters will be working around the village, weather permitting. If cars are parked close to these areas, the grass will not be cut as damage can easily occur: **Tuesday 3rd, Wednesday 4th, Tuesday 17th and Wednesday 18th August.**

If you are aware of any areas of unmown grass or areas that need further cutting, please do get in touch and let us know at clerk@barhillpc.org.uk. Thank you.

We Are Finally Back!!

Swavesey RADSOC Present
Their 2022 Pantomime of

Ali Baba

And the 40 Thieves!

We are looking for new members to come join our friendly cast and crew.

Please come join us at 2pm Saturday August 14th at Bar Hill Church where we will be reading the script for the first time!

For more information please log onto

www.swaveseyradsoc.org.uk

Or find us on Facebook and Twitter

Maths Teacher

Qualified, experienced and active KS3/ KS4 tutor.

For lessons that ensure:

- ***Catching up,***
- ***Moving along or***
- ***Being comfortably ahead.***

Telephone / WhatsApp

07897 279 419

Ox-Cam Pathfinder Project

The Ox-Cam Property Flood Resilience (PFR) Pathfinder Project, which aims to increase the effective uptake and awareness of property flood resilience measures in homes and businesses, across seven local authority that cover the Oxfordshire-Cambridgeshire arc region.

We are one of three national DEFRA pathfinder partnerships, and one of our objectives is to visit communities that are at risk of flooding, or have witnessed flooding in recent years, to show local residents and businesses what active steps they can take to help make their homes, businesses, or other property more resilient to flooding.

We have a fantastic demonstration vehicle called The Floodmobile, which contains 50 examples of property flood resilience measures. Our intention is to take the Floodmobile to these communities, so people can come and meet us, speak to our flooding experts and obtain advice on products, and also about insurance via our colleagues at Flood Re.

Just to make it clear, we are not selling any products or services, but are offering free advice/ information for local communities. The Ox-Cam PFR Pathfinder is being run in partnership with Cambridgeshire and the other councils across the Oxfordshire-Cambridgeshire arc region to offer flood resilience information to help residents and business owners in the area.

Please see some links to the website and a virtual tour of the Flood-mobile: https://bit.ly/3zAQtp6

360-degree virtual tour: https://bit.ly/35zYsoF

Homeowners Guide to Flood Resilience – a fantastic free guide that offers some excellent advice: https://bit.ly/3vCbZXu

Bar Hill Sports & Social Club

Funday

Saturday 28th August

ON THE VILLAGE GREEN

OPEN DAY, WELCOMING ALL NEW FRIENDS TO THE CLUB

COME ALONG AND HELP US ENJOY A FAMILY FILLED DAY

2pm-6pm